

MORRIS COUNTY OSTOMY ASSOCIATION OF NEW JERSEY

AN AFFILIATE OF UNITED OSTOMY ASSOCIATIONS OF AMERICA

Number of Ostomates in the World

While those of us with ostomies are a fraction of the world's population, we still add up to hundreds of thousands, though it is difficult to get numbers from many countries.

iHealthcareAnalyst, Inc. reports that the prevalence of people with ostomy surgery of 0.12% of the population. The most common ostomy type is colostomy (0.07%), followed by ileostomy (0.04%) and urostomy (0.02%).

The majority of ostomies are permanent (56%) versus temporary or reversible (44%). However ileostomies are more prevalent among younger people.

Approximately 600,000 patients undergo colorectal surgery annually in the United States, with an estimated 120,000 patients needing ileostomy creation.

There are well over three-quarters of a million people living in the United States with an ostomy, whereas it is estimated that approximately 13,000 ostomy surgeries are performed annually in Canada.

Currently available estimates of the number of patients vary. The United Ostomy Association estimates that slightly more than 500,000 Americans have some type of stoma.

According to Eucomed, ostomy construction is a widespread technique in every surgical department worldwide with a prevalence of up to 700,000 citizens in Europe undergoing ostomy surgery.

Because ostomy surgeries are not, generally, high profile procedures among payers, there is an absence of publicly reported data on ostomy patient characteristics as well as the number and types of ostomy surgeries performed across Europe.

There appears to be a higher prevalence of people with an ostomy in northern European countries (United Kingdom, Ireland, Sweden, Denmark, France, Netherlands and Hungary) than the rest of Europe.

The Asia Pacific region is expected to witness highest growth rate in the coming years, owing to increasing prevalence chronic conditions such as colorectal cancer, bladder cancer, and IBD.

Source: iHealthcareAnalyst, Inc.

Fall 2022 NEWSLETTER

www.ostomymorris.org

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Good News for Ostomates with Medicaid in Some States!

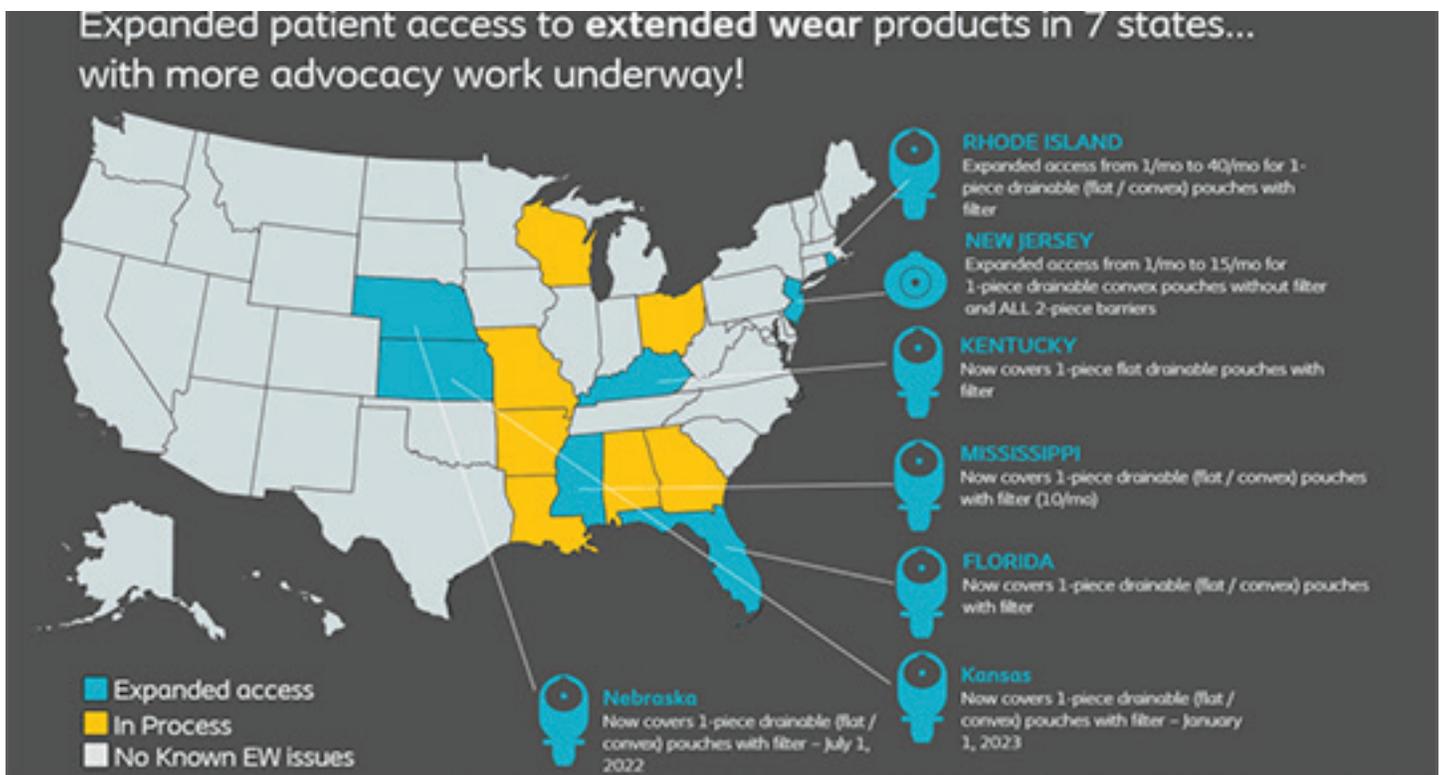
by Jeanine Gleba, UOAA Advocacy Manager

Too many people living with an ostomy worry that due to a need for frequent pouch changes or a high output stoma they will run out of their monthly Medicaid allowable ostomy supplies. For the past year, UOAA has been supporting efforts, led by Coloplast, to expand Medicaid coverage of extended wear products in states with remaining access problems across the country. (Note that New Jersey is on the list.)

UOAA's advocacy work has included:

- Raising awareness on this important issue.
- Recruiting Affiliated Support Group leaders that are also WOC nurses and other local clinicians to provide clinical support and insight.
- Sending letters to state divisions of Medicaid services urging them to review the ostomy supply policy regarding coverage of ostomy supplies for HCPCS codes and quantities, specifically for extended wear products.

As the voice and leading organization advocating for people living with an ostomy, we know first-hand how important access to ostomy supplies is for our patient population. We share the patient perspective with testimonials from advocates as well as explaining achieve normal wear time with a standard wear barrier. (Graphic courtesy of Coloplast.)



Improved access to extended wear barriers will assist those who do not have an optimal fit or have a high-output stoma and go through more standard wear barriers and pouch changes. For these individuals, extended wear products would be the prescribed solution.

As a result of the collaboration between Coloplast, UOAA, State Home Medical Equipment (HME)/Durable Medical Equipment (DME) Associations, local clinicians and other advocates, we have expanded patient access to extended wear products in seven states as noted in the above map. This is excellent news for Medicaid beneficiaries living with an ostomy in these states! (Note: States that are grey/light blue on the map were not seen to have any state Medicaid extended wear access challenges.)

Source: UOAA E-News June 2022 and UOAA Blog Post

LeeAnne's Hayden's Healthy Eating and Fitness Tips for People with Ostomies

Note: Actress, model, businesswoman, and cancer survivor LeeAnne Hayden shares diet and fitness tips that can help you live your best life with an ostomy.

Living a healthy lifestyle. We all know we should be doing it, but sometimes it's not so easy – especially after having ostomy surgery. When it comes to eating and exercise, we're worried about the possibility of blockages and hernias. I get a lot of questions about those issues.

I have had my colostomy for over six years now, and after doing a lot of testing of what my body can and can't tolerate, I feel great. Regardless of any concerns you maybe experiencing, it is so important to live a healthy lifestyle. When we feed our bodies the right foods and move our bodies with exercise, over time we will see, and more importantly FEEL, the positive results.

Six Tips for Healthy Eating with an Ostomy

So, what do we do? Our Moms always said, "Eat those vegetables and have an apple!" However, many of us must watch our fruit and vegetable intake so that we avoid intestinal blockages. Here are six tips that can help you eat well and safely:

1. Cook your fruits and vegetables. When foods are cooked, they are easier for the body to break down. Try sautéing, baking, or even air frying your favorite fruits and vegetables. I am constantly sautéing spinach, red peppers, onions, and mushrooms, and then tossing in some lean protein and jasmine rice or sweet potatoes to complete the meal.

2. Blend your fruits and vegetables. After every workout I have a protein smoothie. I combine one cup of unsweetened almond milk with one scoop of vanilla whey protein, a handful of spinach, a half of a banana, and one tablespoon of peanut butter.

3. Chop your salads. The smaller the pieces, the easier they are to digest. I've been loving the bags of prechopped salad that are in grocery stores now.

4. Take a digestive enzyme after a meal. These supplements can help your system break down vegetables and fruits even more.

5. Chew slowly. Our lives are so busy that when we sit down to eat, we often don't take our time. Slow down at the table and chew your food more. This will help you digest it better.

6. Keep a food log. Writing down what you ate and how it made you feel will help you make better choices.

Be sure to check with a dietitian about what foods you can safely eat. For example, mushrooms can cause

intestinal blockages for some people living with an ileostomy.

Three Tips for Exercising Your Core After Ostomy Surgery

When you have an ostomy, working on your core is important. It can be a scary prospect, however, since the fear of getting a hernia is a real thing. So, always check with your doctor before starting any fitness program.

Core exercise is great for improving pelvic floor strength, posture, and balance. It also can help prevent ostomy bag leaks because the flange will fit better on your peristomal skin..

Here are three gentle core movements that you can do to help strengthen your core:

1. Standing single knee lift. Stand with your feet hipslength apart, and your hands on your waist or down by your side. Tense your abdominal muscles and lift one knee. Do as many as you can or three sets of 10 to 20 on one side before moving to the other side.

2. Holding a plank position. Planks put less strain on your spine and hip flexors than abdominal crunches or sit-ups. A beginner version can be done against a piece of furniture (e.g., a chair or a low table). Place your forearms on the furniture, keep your back flat, don't sag into your forearms, keep your core tight, and hold that position for 15 to 30 seconds. The further away your legs are from the furniture the more activated the core will become. Advanced options are done on the floor. Put your hands directly under your shoulders, grind your toes into the floor, and tighten your gluteal and core muscles. Neutralize your neck and spine by looking at a place on the floor about a foot beyond your hands. Hold this position from 20 seconds to two minutes.

3. Stomach crunches. Lie on your back with your knees bent to a 90-degree angle and your feet on the floor. Make sure your back is flat. Squeeze in your abdominal muscles and bring your head to your knees. Your glutes will try to play too, but don't let them. Focus solely on your abs, hold for three to five seconds, and then release. Do three sets of 10 to 20.

I hope these wellness tips have been helpful to you!

To learn more about LeeAnne Hayden, listen to The Beautiful Bag podcast, visit leeannahayden.com, or follow @leeannahayden on Instagram, Facebook, and YouTube.

Editor's note: This article is from Hollister Incorporated, a digital sponsor in support of the free online resources of ostomy.org and UOAA, a 501(c)(3) nonprofit organization.

Source: UOAA E-News August 2022 and UOAA Blog Post and Ostomy Association of North Central Oklahoma Ostomy Outlook

Morris County Ostomy Association

The Morris County Ostomy Association is a community-based, local organization made up of volunteers whose purpose it is to reach out to ostomates and their families, providing them with a network from which they can share experiences, obtain information, and gain emotional support.

The association's voluntary visitation program offers support on a one-to-one basis to patients and their families. The ostomy volunteer visitor is carefully chosen and trained. The visitor is well adjusted to his/her ostomy and is able to offer additional support and information on ostomy care and management at home.

The Morris County Ostomy Association holds regular monthly meetings. The meetings normally consist of an informal gathering of ostomates and individuals who may be contemplating ostomy related procedures. Families and friends as well as significant others are always welcome.

The evening usually involves an informal talk by a physician, a nurse specialist, a distributor of ostomy supplies, or social worker. Presentations are always on a topic of interest to the entire group. Most importantly, the meeting offers the opportunity for individuals to share information and discuss mutual interest and concerns.

Donating supplies

Group members may send unused ostomy supplies to Friends of Ostomates Worldwide, an organization that provides ostomy materials to needy ostomates throughout the world. For more information about Friends of Ostomates, click "Donating Ostomy Supplies" on the list of links on www.ostomymorris.org. Their address is 4018 Bishop Lane, Louisville, KY 40218.

DUES

Dues for 2022 are now current. You may send a check or cash for \$20.00 to:

George Salamy
30 Wyckoff Way,
Chester, NJ 07930

Meeting schedule

Meetings start at 7:30 p.m. and end at 9 p.m. in the Carol Simon Center of the Morristown Medical Center.

However, because of Covid-19 social distancing the meetings will be online via Zoom until further notice. They will still take place on the third Wednesday of the month, starting at 7 p.m.

Announcements will be sent to all MCOA members on our email list. Members just have to click on a highlighted URL to join the meeting.

SEPTEMBER 21 - ASHLEY MANN, FRIENDS OF OSTOMATES WORLDWIDE
OCTOBER 20 - PAMELA GIORDANO, PHARMACIST, ATLANTIC HEALTH, OSTOMIES AND MEDICATIONS
NOVEMBER 17 - NOVEMBER 17 - SOPHIA BISHAI, HOLLISTER REPRESENTATIVE, AND DISCUSSION OF MEMBER QUESTIONS
DECEMBER 22 - HOLIDAY GETTOGETHER



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